



## The Itinerary

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|---|---|--|
| <p><b>Week 1: 3<sup>rd</sup> – 4<sup>th</sup> June</b></p> <p>Thames Path<br/>Hampton - Middx<br/>Chertsey - Surrey<br/>Windsor - Berks</p>   | <p><b>Week 2: 5<sup>th</sup> – 11<sup>th</sup> June</b></p> <p>Henley – Oxon<br/>Pangbourne - Berks<br/>Wallingford - Oxon<br/>Abingdon - Oxon<br/>Oxford - Oxon<br/>Newbridge - Oxon<br/>Lechlade - Glos</p> | <p><b>Week 3: 12 – 18<sup>th</sup> June</b></p> <p>Whitminster - Glos<br/>Newtown - Glos<br/>Severn Beach - Avon<br/>Weston-Super-Mare - Avon<br/>Minehead - Som'set</p>                             |
| <p><b>Week 4: 19th - 25th June</b></p> <p>Porlock Weir - Som-set<br/>Lynmouth - Devon<br/>Combe Martin - Devon<br/>Woolacombe - Devon<br/>Braunton - Devon<br/>Westward Ho! - Devon</p>                       | <p><b>Week 5: 26th June - 2nd July</b></p> <p>Clovelly – Devon<br/>Hartland Quay - Devon<br/>Bude - Cornw'l<br/>Boscastle - Cornw'l<br/>Port Isaac - Cornw'l<br/>Padstow - Cornw'l</p>                        | <p><b>Week 6: 3<sup>rd</sup> - 9th July</b></p> <p>Porthcothan - Cornw'l<br/>Newquay - Cornw'l<br/>Perranporth - Cornw'l<br/>Portreath - Cornw'l<br/>St. Ives - Cornw'l<br/>Land's End - Cornw'l</p> |
| <p><b>Week 7: 10th - 16th July</b></p> <p>Penzance - Cornw'l<br/>Porthleven - Cornw'l<br/>Lizard - Cornw'l<br/>Porthallow - Cornw'l<br/>Falmouth - Cornw'l<br/>Portloe - Cornw'l<br/>Mevagissey - Cornw'l</p> | <p><b>Week 8: 17th - 23rd July</b></p> <p>Polmear - Cornw'l<br/>Polperro - Cornw'l<br/>Portwrinkle - Cornw'l<br/>Plymouth - Devon<br/>Wembury Beach – Devon<br/>Bigbury - Devon<br/>Salcombe - Devon</p>      | <p><b>Week 9: 24th - 30th July</b></p> <p>Stoke Fleming - Devon<br/>Brixham - Devon<br/>Shaldon - Devon</p>  |
| <p><b>Week 10: 31st July – 6th August</b></p> <p>Seaton - Devon<br/>Abbotsbury - Dorset<br/>Weymouth - Dorset<br/>Swanage - Dorset</p>  | <p><b>Week 11: 7th - 13th August</b></p> <p>Ringwood – Hants<br/>Salisbury - Wilts<br/>Kennet and Avon Canal Path<br/>Newbury - Berks<br/>Thames Path</p>   | <p><b>Week 12: 14th - 20th August</b></p> <p>Thames Path back to Hampton<br/><b>Pint in The Railway<br/>(The Dip)!</b><br/><b>Join Me!!</b></p>  |

## Sponsorship Form

| Name | Address | £ per Day / mile etc | Total £ | Gift Aid |
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Cheques to be made payable to - **Rose Margaret Foundation** - and sent to:  
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